

I Claim:

1. A self-ventilating shoe assembly, comprising:

- (a) an upper;
- (b) an outsole attached to said upper;
- (c) an insole located between said upper and said outsole;
- (d) a resilient ventilation body located between said outsole and said insole, and

comprising an intake communicating with an exterior of said shoe assembly and an exhaust communicating with an interior of said shoe assembly, such that:

(i) upon application of pressure against said resilient body, air is discharged outwardly through said exhaust to the interior of said shoe assembly, thereby ventilating said shoe assembly; and

(ii) upon release of pressure from said resilient body, air is drawn inwardly from outside of said shoe assembly through said intake as said body expands to its original form.

2. A self-ventilating shoe assembly according to claim 1, wherein said intake comprises a one-way valve operating to control passage of air inwardly and outwardly through said intake.

3. A self-ventilating shoe assembly according to claim 1, wherein said exhaust comprises a one-way valve operating to control passage of air inwardly and outwardly through said exhaust.
4. A self-ventilating shoe assembly according to claim 1, wherein said ventilation body comprises a plurality of exhausts adapted for ventilating the interior of said shoe assembly.
5. A self-ventilating shoe assembly according to claim 1, wherein said ventilation body comprises a plurality of bellows.
6. A self-ventilating shoe assembly according to claim 1, wherein said ventilation body comprises visco-elastic foam.
7. A self-ventilating shoe assembly according to claim 1, wherein said ventilation body comprises a compression spring.
8. A self-ventilating shoe assembly according to claim 1, and comprising a toe vent

communicating with said ventilation body, and adapted for discharging air beneath the toes of a wearer.

9. A self-ventilating shoe assembly, comprising:

- (a) an upper;
- (b) an outsole attached to said upper;
- (c) an insole located between said upper and said outsole;
- (d) first and second resilient ventilation bodies located between said outsole and

said insole, and in respective heel and ball regions of said shoe assembly, each ventilation body comprising an intake communicating with an exterior of said shoe assembly and an exhaust communicating with an interior of said shoe assembly, such that:

(i) upon application of pressure against said resilient body, air is discharged outwardly through said exhaust to the interior of said shoe assembly, thereby ventilating said shoe assembly; and

(ii) upon release of pressure from said resilient body, air is drawn inwardly from outside of said shoe assembly through said intake as said body expands to its original form.

10. A self-ventilating shoe assembly according to claim 9, wherein said intake comprises a one-way valve operating to control passage of air inwardly and outwardly through said

intake.

11. A self-ventilating shoe assembly according to claim 9, wherein said exhaust comprises a one-way valve operating to control passage of air inwardly and outwardly through said exhaust.

12. A self-ventilating shoe assembly according to claim 9, wherein said ventilation body comprises a plurality of exhausts adapted for ventilating the interior of said shoe assembly.

13. A self-ventilating shoe assembly according to claim 9, wherein said ventilation body comprises a plurality of bellows.

14. A self-ventilating shoe assembly according to claim 9, wherein said ventilation body comprises visco-elastic foam.

15. A self-ventilating shoe assembly according to claim 9, wherein said ventilation body comprises a compression spring.

16. A self-ventilating shoe assembly according to claim 9, and comprising a toe vent communicating with said ventilation body, and adapted for discharging air beneath the toes of a wearer.

17. A method for ventilating a shoe assembly comprising an upper, an outsole attached to the upper, and an insole located between the outsole and the upper, said method comprising the steps of:

(a) locating a resilient ventilation body between the outsole and the insole of the shoe assembly, the ventilation body comprising an intake communicating with an exterior of the shoe assembly and an exhaust communicating with an interior of the shoe assembly; and

(b) compressing the ventilation body to discharge air outwardly through the exhaust to the interior of the shoe assembly, thereby ventilating the shoe assembly.

18. A method for ventilating a shoe assembly according to claim 17, and comprising the step of releasing pressure from the resilient body, whereby air is drawn inwardly from outside of the shoe assembly through the intake as the body expands to its original form.

19. A method for ventilating a shoe assembly according to claim 17, and comprising the step of discharging air through the exhaust to a ball and toe region of the shoe assembly.

20. A method for ventilating a shoe assembly according to claim 17, and comprising discharging air through the exhaust to a heel region of the shoe assembly.